

"HEAVENLY HERALD" NEWSLETTER

Church of God 7th Day

1150 NE 9th St., Grants Pass, OR 97526

541-479-2440

www.sabbathfellowshipofgrantspass.org

11:00 am Bible Study

11:15am Children's Sabbath School

12:00 pm Worship Service & Sermon

1:00 Potluck Open to the Community

WELCOME

to the

"Biggest Little Church in Town"

Pastor Ralph Orton, Ministering

Asst. Pastor Shawn McCool, Ministering

Sherry Orton, Bible Study

Jason & Darla Slawson, Youth Ministries

December 2011 EDITION

CHURCH NEWS:

*O*ur church Thanksgiving was very special, delightful and delicious. The food that everyone brought was very good, we do have some very good cooks in our congregation *yum yum*. The spiritual food, from the service was very good and filling as well. Everyone had a nice time chatting, eating and sharing what they are thankful for.

*T*he Bible prophecy classes have been suspended until March 2012 due to weather and darkness. Classes will resume Tuesday March 13, at 7pm.

*S*tarting this month, every first Sabbath we will have a birthday cake for the people that have a birthday in that month to acknowledge their birthday and we will sing happy birthday to them. So be watching when it's your birthday and don't miss that first Sabbath. Not that we want you to miss any Sabbaths.

*I*n January we will be having our talent show so, start thinking about what you would like to do for the show. Time goes by quicker than you think, January 21st is just around the corner.

*T*here were some people that came back again to get some items from our helping hands that had been here before. Keep them and all the others that came before in our prayers, these are hard times. If you donate funds for Helping Hands please write that on the envelope so, we can put it toward that ministry.

*W*e as a church helped four low income working families this year with Thanksgiving boxes and extra food for after the holiday too. Thank you so very much for all of your donations, some were so happy that they cried, when they knew they were going to get a box.

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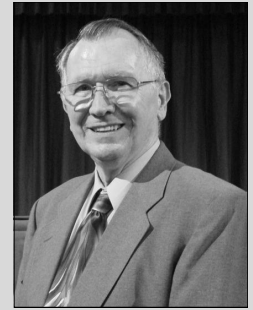
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UNITY OF BELIEF

**DIVERSITY OF
UNDERSTANDING**

ONE IN CHRIST

**PASTOR RALPH'S
NOTES OF ENCOURAGEMENT**



“Finding God In Unexpected Places”

I have thousands of songs on my iPod. But strangely enough I often find God in some of those songs when I least expect it. Sure there were some songs that aren't that big of a surprise. For example Turn, Turn, Turn by The Byrds or Spirit in the Sky by Norman Greenbaum. The first is based strongly on Ecclesiastes 3:1-8 and the second talks about Jesus but the song was written by a Jewish man. Both songs were pop hits. But how about some not so obvious picks that make me think of God? How about Only You for example. It starts off with, "Only you can make this world seem right. Only you can make the darkness bright. Only you and you alone can thrill me like you do and fill my heart with love for only you. Only you can make this change in me, for it's true you are my destiny." Although the song is a romantic ballad it always makes me think of God and my relationship with Him.

So what's the point? Simply this, God is everywhere, all the time, and most of the time we are unaware. So every now and then, when we least expect it, there He is! Now that can be a pleasant thing as in the songs I mentioned but it can be unpleasant too. Imagine you are about to do something you know is not right.

Suddenly your conscience convicts you and you know you can't do what you were thinking. That's God showing up unexpectedly. You've probably heard the expression, "You can run but you can't hide." That's the way it is with God. Wherever you go there He is.

(Psa 139:7-12 NIV) Where can I go from your Spirit? Where can I flee from your presence? {8} If I go up to the heavens, you are there; if I make my bed in the depths, you are there. {9} If I rise on the wings of the dawn, if I settle on the far side of the sea, {10} even there your hand will guide me, your right hand will hold me fast. {11} If I say, "Surely the darkness will hide me and the light become night around me," {12} even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.

(Heb 13:5-6 RSV) Keep your life free from love of money, and be content with what you have; for he has said, "I will never fail you nor forsake you." {6} Hence we can confidently say, "The Lord is my helper, I will not be afraid; what can man do to me?"

So fear God but don't be afraid. He is there when you need Him and you always need Him!

Pleased to be yours in Christ,

Pastor Ralph

Church of God 7th Day Newsletter
December Edition 2011

In Weekly Service:

Pastor Ralph Orton, Minister/ Pastor
Sherry Orton, Bible Study Instructor
Shawn McCool, Asst. Pastor
Jason and Darla Slawson, Youth Ministries

Nadia, Music Coordinator
Donna Parker, Prayer & Praise Requests
Sherman Parker, Scripture Reading
Vicky Rest, Culinary Supervisor

UPCOMING EVENTS & COMMUNITY ACTIVITIES

Women's Luncheon 2nd Friday of each month. The next luncheon will be on Dec. 9th, 12:00 pm at the "Taco Loco's" in the South Albertson's Allen Creek Plaza.

Family Movie Matinee: Dec. 3rd at 2:30 pm in the sanctuary following the fellowship meal. The movie is titled, Miss Potter. This story is based on the life of Beatrix Potter the famed author of The tale of Peter Rabbit. It stars Renee Zellweger and Ewan McGregor. Hope to see you there!

Helping Hands: Will be open Dec. 3rd & Dec. 17th at 2:00pm - 2:30pm to give out coats, clothes and personal items .

Bible Forum: Dec. 10th at 2:30 pm in the sanctuary following the fellowship meal.

Prophecy Bible Study: 3rd Sabbath of each month at 2:30pm after fellowship meal. This month it will be on Dec 17th. It will be led by Sherman Parker. Hope to see you there.

Prayer Meeting: Dec. 24th at 2:30 pm following the fellowship meal.

Women's Luncheon Update

The November 14th luncheon was held at noon at the *Train Depot*. The ladies luncheon is held on the *2nd Friday of each month*. In attendance this month were Vickie , Sherry, Donna and Barbara. They had a great time. Lots to share, as sisters in the Lord. As for **December 9th**, the ladies have decided to meet at **Taco Loco's** ; but, the **January**, luncheon will be held at **Sizzler's** in Grants Pass.

Perhaps, you and a guest or two can join us on December 9th, or at any of our gatherings. It's a standing invitation and the first time is free.

If you need information, call the office at 541-479-2440.





✓ JOBS OFFERED



In this economy, we need to work together to make certain that no one is lacking; so let's make sure we make our need for jobs known. By the same token, if you are fortunate enough to be able to offer a job to someone, then advertise it here.

Free land! If you have free land (an acre or so), or know of somebody who can donate their land, please contact Pastor Ralph at 541-479-2440, as we are in need of a church building site, or even a small church.

Brandon is looking for work hopefully something with a regular schedule but, will take odd jobs.
541-295-1130

Luke is looking for work, painting, carpentry, work cutting, lawn work, has done a little of everything.

No job to small or too big, just call 541-218-6876.

(room for more ads here) Call with your ad info. 541-479-2440



“SHERRY’S MESSAGE”

This is part 3 of a 3
Part series

ISRAEL'S MINDSET FREE OR SLAVE MENTALITY

It is so important that we have the blood of Jesus applied to our hearts and lives. The midnight hour of this world is coming, and only those with the blood applied to their hearts will we be preserved, and ready to stand the awful things that are coming to this world.

The Feast of the Passover is still commemorated by Israelites and people around the world today. The name of the feast being taken from the fact that, on that night the Lord who smote the first-born of Egypt, passed over the houses of Israel where the blood was applied to the doorposts. This is the same feast Jesus and His disciples were celebrating when He instituted the Lord's Supper.

HOW THE ISRAELITES GOT THEIR WEALTH:

Exodus 11:2 "Speak now in the hearing of the people, that they ask, every man of his neighbor and every woman of her neighbor jewelry of silver and of gold. V3 And the Lord gave the people favor in the sight of the Egyptians. Moreover, the man Moses was very great in the land of Egypt, in the sight of Pharaoh's servants and in the sight of the people."

Exodus 12:33 "And the Egyptians were urgent with the people, to send them out of the land... V35 The people of Israel had also done as Moses told them, for they had asked of the Egyptians jewelry, and of gold, and clothing. V36 and the Lord had given the people favor.. . Thus they despoiled the Egyptians."

Psalms 105:37 "Then he led forth Israel with silver and gold, and there was none among his tribes who stumbled."

To get an idea of how much wealth Israel brought out of Egypt. Imagine a million or so people turned loose upon a community taking all the jewelry, gold and silver they asked for without restraint. Also remember, the dread of the Israelites was upon the Egyptians, so they gave unquestioningly. It was like, HERE, please take whatever you want. Just go, and go now. I've included a second article for your consideration. It is 'The Skills of Foreign Trade' from the Institute for Christian Economics. It is an interesting read!

THE JOURNEY BEGINS:

A short time after their deliverance from Egypt, they journeyed to Mt. Sinai where Moses received the Law from God. This great mountain was to be their schoolhouse for the next year. Here at Mt. Sinai it was necessary that God give them some standards to live by and much training and discipline.

Moses ascended the mountain alone and listened to the voice of God amidst a great cloud of glory. There, God gave Moses the 'Law'. There are three divisions of the Mosaic Covenant (Deuteronomy 5:31).

The commandments, expressing what the people should be, or the moral law

The judgments, which are laws that exhibit strict and perfect justice, sometimes called the judicial law

The ordinances, which regulated the religious life and worship of Israel, or the ceremonial law.

It is true that Israel, sometimes after Joseph's death, became steeped in Egyptian pagan ways. But it is also true that shortly after they left Egypt, they went to school at Mt. Sinai for a year. There Moses taught them and they learned God ways. It was there they also learned the penalty for their disobedience.



2012 Calendars



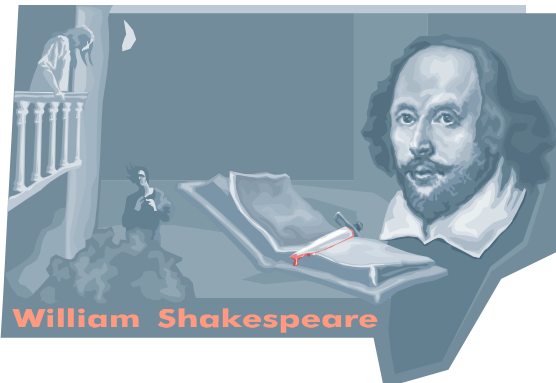
Our church calendars will be ready Dec. 17th.

This year most of the pictures are from Pastor Shawn's travels from this past year. We also added a magnet on the back for more convenience.

There is no charge for them as always but, if you would like to make a donation to help offset the cost of making them, it would be appreciated.

All the world's a stage, and all the men and women merely players, they have their exits and their entrances, and one man in his time plays many parts.

-William Shakespeare-



Psalm 37: 16 & 18 (KJV)

16] A little that a righteous man hath is better than the riches of many wicked;

[18] The LORD knoweth the days of the upright: and their inheritance shall be for ever

HELPING HANDS MINISTRY NEEDS LIST

(most frequently requested items)

- | | |
|----------------------------|---------------------|
| Q-tips | Paper towels |
| Toilet paper | Wet Ones/Towelettes |
| Tooth paste | Tooth brushes |
| Spray bottles for water | Deodorant |
| 2-in-1 Shampoo/Conditioner | Combs |

"Lend a Hand" Ministry

If you have a need, or know of someone who has a need of a few extra hands, please let our pastor know what that request is, and when it needs to be done. He will inform the church, and get the ball rolling! Anyone, who can help on that particular day, just show up. You will be blessed!

Funny Bone Alley

A little girl was talking to her teacher about whales.

The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large mammal its throat was very small.

The little girl stated that Jonah was swallowed by a whale.

Irritated, the teacher reiterated that a whale could not swallow a human; it was physically impossible.

The little girl said, "When I get to heaven I will ask Jonah".

The teacher asked, "What if Jonah went to hell?"

The little girl replied, "Then you can ask him".

Recipe of the Month

“Cranberry Mousse”

Submitted by: Mikki Hanson

Ingredients: 1 large box strawberry Jell-O 1 cup boiling water 3 Tbs lemon juice
1 can crushed pineapple in juice 1 can cranberry sauce with whole berries
1 16oz sour cream stirred

Directions:

1. Dissolve the jello in the boiling water, making sure that it is completely dissolved
2. Then add the cranberry sauce and put it in the microwave until the cranberry sauce has dissolved.
3. Mash the cranberries into small pieces. Use a potato masher. There should be very little lumps if any.
4. Add the juice from the can of crushed pineapples and add the lemon juice and stir.
5. Put it into the fridge for a couple of hours or so when it gets partially jelled (kind of gummy).
6. Take it out and put the crushed pineapples and sour cream in it and stir until well blended.
7. Put it into your mold or bowl now and put in the fridge over night and it should be perfect.



GARDEN or HOUSEHOLD TIPS



Household Uses For Baking Soda

Resource: Tipnut.
Submitted by: Odessa Parker

Thermos Cleaner & Freshener: Put a large teaspoon of baking soda in thermos bottle, fill with boiling water and cap closed for a few hours. All adhering material loosens, comes off and sweetens the bottle.

Luggage Freshener: Musty trunks and funky smelling luggage pieces can be freshened up by sprinkling baking soda inside, closing the case and then let sit a day or two. Remove the baking soda with a vacuum.

Refrigerator Freshener: After cleaning the refrigerator, keep it smelling fresh with an open box of baking soda or an open bowl/container filled with baking soda. Source: Easy Refrigerator Deodorizer Ideas & Cleaning Tips.

Homemade Air Freshener Spray: Mix 2 cups hot water with 1/8 cup baking soda and 1/2 cup lemon juice, shake to dissolve and spray in the air as needed. .

Stained Enamel Cookware: Apply a baking soda/water paste to stains and let sit for an hour. Fill with water (leaving paste inside pot), stir with a wooden spoon to dissolve the baking soda and bring to a boil. Boil for 15 to 20 minutes, rinse then wash as usual.

Wood Stains: Try removing water stains on wood surfaces by making a paste with baking soda and a few drops of water. Rub into stain then wipe off. You can also try salt instead of baking soda.

Clean Freezer Tip: After you've thoroughly washed the freezer with soapy water and all food particles have been removed, do a quick rinse wipe with a solution of baking soda and warm water (about 2 TBS of baking soda per quart of warm water). This helps remove the soap residue as well as freshens things up. Wipe everything down inside with a clean cloth to dry.

Floor Scuff & Stain Remover: Mix baking soda and water to make a paste, apply paste to wet sponge and scrub out the scuff marks.

Clogged Drain Flush: Remove as much water as you can from the backed up sink. Toss 1 cup of baking soda down the drain, then pour a cup of household vinegar down the drain, plug the drain with the sink stopper then let sit for half an hour. After about 30 minutes, unplug the sink and pour a kettle full of hot water on top.

**PRAISE GOD FOR
HIS GRACE IN HEARING &
ANSWERING OUR
PETITIONS IN PRAYER!**
For 'Prayer Chain' requests,
call 541-479-2440

Continuous Pray for: Our Church Congregation, unity in Christ; God will guard our thoughts & put a protective hedge around us; a deep hunger for God's Word; healing for those who are ill; Outreach Ministries; that God will bless us with our own building or land to build upon; the Holy Spirit to leads

us in every area of our lives

Church Leaders, (Worldwide) God's wisdom & a hunger for His Word

Seeds Planted Worldwide, for the Lord

World Leaders, will seek God's counsel; Christians will have a burden to pray for them

Missionaries & Christians Around the World, to be prepared for the Lord's coming; protection from the enemy; to know God's Word

Military Troops & Wounded Soldiers, God's protection & provision

Natural Disasters, God's healing, strength & recovery

Attorney Generals, that all 50 Attorney Generals will stick to what they originally said

Israel & the Middle East, for peace & the return of our Messiah

Healing Room Ministries, blessings as they grow internationally & locally; inception of 24/7 prayers

ACTS Magazine (& Staff) & General Council, a one-year commitment to pray daily for these

Christian Businesses, those struggling in this economy

Children of the World, to come out of the world & accept Jesus as Lord; safety from sexual predators & other perpetrators

Teens, will turn to God & have hope; prevention of suicide; pregnant teens will make informed choices

All Families, for marriages to be held together in unity in Christ; all to be ready for Christ's return

Lost Loved Ones, that they will turn their lives over to God

Homeless & All Who Are Having Hard Times, shelter, food & healing; to feel God's love & the love of others; peace in their heart & mind

Godly Sorrow, as repentance leads to salvation

New Praises

Sherry for her mom's adjusting to her situation and welcoming visitors.

Sherry is thankful for Vickie's post-surgery healing

Al is thankful for the prayers and resultant healing of cancer in his sister's life. Also the new attitude that resulted from the healing.

Ralph for Peach seeing our sign, walking in, and sharing in our worship service.

Wayne gives thanks that his cold was brief and not severe.

Al is thankful for answered prayer with re-

gards to his shoulder and back surgery. He is grateful that he had someone to help in that hour of need.

Luke praises God for His activity in his life and all of the help and guidance he has received.

Brandon prays for the homeless and unfortunate that they will be comforted and helped.

Sherry prays for Mary that the stiff neck that is causing her much discomfort will be healed.

New Prayer Requests

Pastor Shawn for family that is against them and wants to cause harm.

Nadia that she receives healing and is uplifted. Her brother James for quick recovery from shoulder surgery.

Barbara for unspoken prayer.

Mary for Mikki's injured back.

Barbara for restoration of her voice. And for Sherry to have peace and tranquility.

Mikki for her client getting stronger and come to know the Lord & for her little brother, Cody.

Mary for safe travel for veteran friend and family.

Pastor Ralph for Nadia not being here today.

Brandon is homeless and looking for work.

Luke asks that his application for work be approved speedily without any problems.

Luke prays that Mirriam will stay with him.

Tom pray for our leaders at all whoever or wherever they may be. Especially for those in the White House.

Mary for those not here.

Mikki that the case is in her favor and for Marilyn to get out of the hospital.

Sherry for her mom. She needs to stay where she is and behave. Pray for her well-being and happiness.

Brandon for those in need.

Pastor Ralph for our country and its leadership to seek God and know what is right or wrong.

Al for those not here and those needing food.

Nadia for pay what you want restaurants experiment. Pray that the experiment works well.

Find the third Scripture reading of the month of **November** and write it on a piece of paper, with your name and put it in the monthly newsletter Drawing box for a prize, by Dec. 17th. You could be a winner. Good luck!

"How it will be"

"God's Temple"

When Solomon made his first and greatest creation, he made it for God. God's temple. It stood for many years, sometimes in very spiritual times, sometimes in extreme testing. The Israelites killed prophets and strayed very far from God. Even then, it was Gods temple. There came a time when God had to discipline them. To do that He had to tear that temple down. Seventy years later, He brought the Israelites back from exile for another learning session, so He had them build another temple. They got sidetracked building their own homes and farms, so He quit blessing everything they were doing so they finally decided they needed to finish Gods temple. Later it was desecrated by Antiochus Epiphanes. He was a little man like Napoleon. He sacrificed a pig in the temple plus many other bad things. It was still Gods temple. Jesus was taken there for circumcision and blessing. Still Gods temple. Jesus went there at age twelve. God's temple. When Jesus started His ministry, He had to clean house of wrongs going on there. No Ark of the Covenant was there. He had to clean it out at the end of his ministry. Still Gods temple. Jesus was crucified, the temple curtain ripped in half. Sacrificial system fulfilled? Wrong. Just rotten people running it. Still Gods temple.

In 70 A.D. all the Jews thought if they went into the temple they would be safe from the Romans. God needed to remove His temple and let them die because He needed to educate them more. This time, many years go by and the spot where His temple stood is now somebody's temple of another religion, a supplanter, if you will. It is still Gods temple spot. He just has not had a need for it yet. He will remove it when it is His time for it to be rebuilt. In Daniel 9:24-27, God's people are given a deadline, rebuild Jerusalem and the temple. You can't rebuild something unless what was there is gone. We can expect this to be soon, even by our time. Also during this time the Antichrist will come on the scene. When the temple is finished the Antichrist will set himself in the temple to impersonate Jesus. II Thessalonians 2:4 in Gods temple. Daniel 8:9-14, the Antichrist is shown in different ways, as being the prime problem spoken of in Matthew 24 as taking place in Jerusalem. A couple of months later we will be seeing Jesus with the voice of the Archangel with a loud command and the trumpet call of God, I Thessalonians 4:6. Jesus comes to take the dead in Christ first, then those who have overcome by the Blood of the Lamb. We can't overcome what is ahead without a personal relationship and knowing His voice. We can't expect Him to talk to us if we haven't done what he asked us to do previously. We have to be of one accord if we are to expect miracles, some which we have had in the recent past. When the Apostles started their ministry there were times when everyone in the church was healed. People were healed just by touching the leaders. We have a gift in the church. We need to pull together and watch that we are all on the same page. We can have differences in belief, but we can't be running anybody down behind their backs. We can do this and it will work!



by: Sherman Parker



Are You in Control of Your Cholesterol?"

Definition

Hypercholesterolemia refers to levels of cholesterol in the blood that are higher than normal.

Description

Cholesterol circulates in the blood stream. It is an essential molecule for the human body. Cholesterol is a molecule from which hormones and steroids are made. It is also used to maintain nerve cells. Between 75 and 80% of the cholesterol that circulates in a person's blood-stream stream is made in that person's liver. The remainder is acquired from outside sources. Cholesterol is found in animal sources of food. It is not found in plants.

Normal blood cholesterol level is a number derived by laboratory analysis. A normal or desirable cholesterol level is defined as less than 200 mg of cholesterol per deciliter of blood (mg/dL). Blood cholesterol is considered to be borderline when it is in the range of 200 to 239 mg/dL. Elevated cholesterol level is 240 mg/dL or above. Elevated blood cholesterol is considered to be hypercholesterolemia.

Cholesterol has been divided into two major categories: low-density lipoprotein (LDL), the so-called "bad" cholesterol, and high-density lipoprotein (HDL), the so-called "good" cholesterol. Diet, exercise, smoking, alcohol, and certain illnesses can affect the levels of both types of cholesterol. Eating a high fat diet will increase one's level of LDL cholesterol. Exercising and reducing one's weight will both increase HDL cholesterol and lower LDL cholesterol. The most common cause of elevated serum cholesterol is eating foods that are rich in saturated fats or contain high levels of cholesterol. Elevated cholesterol can also be caused by an underlying disease that raises blood cholesterol levels such as diabetes mellitus, kidney disease, liver disease, or hypothyroidism. It can also be caused by an inherited disorder in which cholesterol is not metabolized properly by the body. Obesity, which generally results from eating a diet high in fat, can also lead to elevated cholesterol levels in the blood. This is because obesity itself leads the body to produce excessive amounts of cholesterol.

Hypercholesterolemia increases the risk of heart disease. Elevated levels of circulating cholesterol cause deposits to form inside blood vessels. These deposits, called plaque, are composed of fats deposited from the bloodstream. When the deposits become sufficiently large, they block blood vessels and decrease the flow of blood. These deposits result in a disease process called atherosclerosis, which can cause blood clots to form that will ultimately totally stop blood flow. If this happens in the arteries supplying the heart, a heart attack will occur. If it happens in the brain, the result is a stroke where a portion of brain tissue dies. Atherosclerosis causes more deaths from heart disease than any other single condition. Heart disease has been the leading cause of death in the United States for the past half century.

There is a syndrome called familial hypercholesterolemia. Affected persons have consistently high levels of LDL. This leads to early clogging of the coronary arteries. In turn this leads to a heart attack. Among affected males, a first heart attack typically occurs in their 40s to 50s. Approximately 85% of men with this disorder have experienced a heart attack by the time they reach 60 years of age. The incidence of heart attacks among women with this disorder is also increased. However, it is delayed 10 years compared to men. The incidence of familial hypercholesterolemia is seven out of 1,000 people.

Causes and symptoms

Hypercholesterolemia is silent. There are no symptoms that are obvious to the naked eye. It is diagnosed by a blood test or after a heart attack or stroke occurs.

Diagnosis

Hypercholesterolemia is diagnosed by using a blood test. A blood specimen obtained after not eating or drinking anything (except water) for 12 hours. The fasting is done to determine the LDL and HDL cholesterol, which can only be determined accurately in a fasting state. Most experts agree on an acceptable limit for LDL cholesterol as 130 mg/dL. Total cholesterol of under 200 mg/dL for is thought to be in an acceptable range.

** The information published in these articles are not intended as a substitute for personal medical advice. Before making any decision regarding your health, please consult a physician or other qualified health-care practitioner.*

Honduras' government is urged to improve protection of Christian workers after Carlos Roberto Marroquon became the second prominent pastor to be murdered this year in the Central American nation.

Cuba Communist Party 'Confirms' Church Crackdown In Leaked Video A leaked video appears to show a Cuban Communist Party official openly confirming a government strategy to target churches affiliated with the fast growing Apostolic Movement, a protestant network.

Pakistan Christian Teenager Nearly Stoned To Death; Woman 'Tortured' Christian rights activists asked Vietnam Monday, November 29, to release pastors who received long prison terms on charges of undermining national unity."

Christians Remember Murdered U.S. Evangelists Christian leaders were preparing to hold a memorial service later Sunday, May 16, in the Boynton Beach area of the U.S. state of Florida to honor two street evangelists who were murdered there earlier this year.

Broadcaster Airing U.S. Day Of Prayer Despite Court Ruling International Christian broadcaster GOD Television was to air Thursday, May 6, the United States' National Day of Prayer (NDP), amid concerns among Christians that the annual event may be banned following a controversial court ruling.

NEWS ALERT: Wife, Children Of Jailed Cuban Pastor Face Eviction The wife of jailed Cuban Pastor Omar Gude Perez faced a difficult weekend after authorities reportedly told her that the family home is to be confiscated. The family will be relocated to a significantly smaller apartment in poor conditions outside the city of Camaguey, said advocacy group Christian Solidarity Worldwide (CSW), which has closely monitored the case.

Prayer Vigil For Murdered American Evangelists Christian leaders are preparing a major prayer vigil in Florida "to honor the lives" of two young street preachers who were shot and killed while evangelizing on the streets of the U.S. state's Boynton Beach, organizers said.

Colombia Court Allows Christians To Opt Out Of Military An international Christian rights group has welcomed the Colombian Supreme Courts decision allowing Colombians, including Christians, to opt out of obligatory military service because of religious, moral, or philosophical objections.

Two Cuban Pastors Released, But Crackdown Continues, Christians Say Two Baptist leaders who were detained in eastern Cuba while distributing humanitarian aid from American Christians were free Tuesday, October 27, after two weeks imprisonment Christians said.

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CHANGES AROUND THE WORLD - WILL IT AFFECT YOU?

submitted by: Pastor Shawn McCool

German memo shows secret slide towards a super-state An intrusive European body with the power to take over the economies of struggling nations should be set up to tackle the eurozone crisis, according to a leaked German government document.

The six-page memo, by the German foreign office, argues that Europe's economic powerhouses should be able to intervene in how beleaguered eurozone countries are run. The confidential blueprint sets out Germany's plan to tackle the eurozone debt crisis by creating a "stability union" that will be "immediately followed by moves "on the way towards a political union".

It will prompt fears that Germany's euro crisis plans could result in a European super-state with spending and tax plans set in Brussels.

The proposals urge that the European Stability Mechanism (ESM), a eurozone bailout fund that will be established by the end of next year, should be transformed into a version of the International Monetary Fund for the EU.

The European Monetary Fund (EMF) would be able to take full fiscal control of a failing country, including taking countries into receivership.

The leaked document, The Future of the EU: Required Integration Policy Improvements for the Creation of a Stability Union, comes as David Cameron meets Angela Merkel, the German chancellor, in Berlin today to talk about treaty changes and the eurozone crisis.

The German plan begins with a proposal to create "automatic sanctions" that could be imposed on euro members spending beyond targets set by the European Commission. Germany is demanding that if euro rules are "consistently violated", it should be able to demand action from the European Court of Justice.

Germany, Finland, Austria and the Netherlands would be able to ask EU courts to impose sanctions, from fines to the loss of budgetary sovereignty, to protect the euro.

The memo states the EMF would be given "real intervention rights" in the budgets of euro members who have received EU-IMF bailouts.

Open Europe, a think tank, has called for Mr Cameron to demand concessions from Mrs Merkel in exchange for the plans, which need the consent of all 27 EU countries, giving Britain a veto.

By Bruno Waterfield, in Brussels

Want to make a simple, ten-second check on the state of your health? Sneak a peek at your feet. (continued from last month)

5. Red flag: Cold feet-What it means: Women, especially, report cold feet (or more precisely, their bed-mates complain about them). It may be nothing -- or it may indicate a thyroid issue. Women over 40 who have cold feet often have an under functioning thyroid, the gland that regulates temperature and metabolism. Poor circulation (in either gender) is another possible cause.

More clues: Hypothyroidism's symptoms are pretty subtle and appear in many disorders (fatigue, depression, weight gain, dry skin). **What to do:** Insulating layers of natural materials work best for warmth. (Think wool socks and lined boots). If you also have other nagging health complaints, mention the cold feet to your doctor. Unfortunately, however, aside from treatment with medication in the event of a thyroid condition, this tends to be a symptom that's neither easily nor sexily resolved.

6. Red flag: Thick, yellow, downright ugly toenails-What it means: A fungal infection is running rampant below the surface of the nail. Onychomycosis can persist painlessly for years. By the time it's visibly unattractive, the infection is advanced and can spread to all toenails and even fingernails.

More clues: The nails may also smell bad and turn dark. People most vulnerable: those with diabetes, circulatory trouble, or immune-deficiency disorders (like rheumatoid arthritis). If an older person has trouble walking, sometimes the problem can be traced to the simple fact that as infected nails grow thicker, they're harder to cut and simply go ignored to the point of pain.

What to do: See a foot specialist or your regular physician for care and treatment. In serious cases, over-the-counter antifungals are usually not as effective as a combination of topical and oral medications and the professional removal of diseased bits. Newer-generation oral antifungal medications tend to have fewer side effects than older ones.

7. Red flag: A suddenly enlarged, scary-looking big toe-What it means: Probably gout. Yes, that old-fashioned-sounding disease is still very much around -- and you don't have to be over 65 to get it. Gout is a form of arthritis (also called "gouty arthritis") that's usually caused by too much uric acid, a natural substance. The built-up uric acid forms needlelike crystals, especially at low body temperatures. And the coolest part of the body, farthest from the heart, happens to be the big toe. "Three-fourths of the time, you wake up with a red-hot swollen toe joint as the first presentation of gout," says podiatrist Andersen.

More clues: Swelling and shiny red or purplish skin -- along with a sensation of heat and pain -- can also occur in the instep, the Achilles tendon, the knees, and the elbows. Anyone can develop gout, though men in their 40s and 50s are especially prone. Women with gout tend to be postmenopausal.

What to do: See a doctor about controlling the causes of gout through diet or medication. A foot specialist can help relieve pain and preserve function.

8. Red flag: Numbness in both feet-What it means: Being unable to "feel" your feet or having a heavy pins-and-needles sensation is a hallmark of peripheral neuropathy, or damage to the peripheral nervous system. That's the body's way of transmitting information from the brain and spinal cord to the entire rest of the body. Peripheral neuropathy has many causes, but the top two are diabetes and alcohol abuse (current or past). Chemotherapy is another common cause. **More clues:** The tingling or burning can also appear in hands and may gradually spread up to arms and legs. The reduced sensation may make it feel like you're constantly wearing heavy socks or gloves. **What to do:** See a physician to try to pinpoint the cause (especially if alcohol addiction doesn't apply). There's no cure for peripheral neuropathy, but medications from pain relievers to antidepressants can treat symptoms.

Scripture Readings For November

- Oct. 28 - 1 Corinthians 10: 1-33**
Theme “Do all to the glory of God”
- Nov. 5 – Jeremiah 23:1-40**
Theme: “The Burden of the Lord”
- Nov. 12 – Joshua 1:1-18**
Theme: “The Lord instructs Joshua”
- Nov. 19 - 1 Kings 19: 1-21**
Theme: “Elijah in the mountain cave”
- Nov. 26 - 1 Kings 17:1-22**
Theme: “God will supply your needs”



Liberal Vs. Conservative Views on Abortion

The liberal and conservative views differ widely on abortion. To understand the liberal position on abortion you must first purge through all the propaganda put forth by the right in an attempt to gather support for their personal position. First and foremost pro-choice and pro-abortion are not synonymous. The liberal believes that a woman has the right to decide what happens with her body. A fetus is not a human life, so it does not have separate individual rights.

The government should provide taxpayer funded abortions for women who cannot afford them. The decision to have an abortion is a personal choice of a woman regarding her own body and the government must protect this right. Women have the right to affordable, safe and legal abortions, including partial birth abortion. The notion that criminalizing abortion will save life is unrealistic.

If you are wondering what a partial birth abortion is, here is a good concept of it, the procedure is usually performed during the last trimester of gestation up to the end of the ninth month. The woman's cervix is dilated, and the abortionist grabs the baby's leg with forceps. Then he proceeds to pull the baby into the birth canal.

The abortionist then delivers the baby's body, feet first, all but the baby's head. The abortionist inserts a sharp object into the back of the baby's head, removes it, and inserts a vacuum tube through which the brains are sucked out. The head of the baby collapses at this point and allows the aborted baby to be delivered lifelessly.

(Continues on page 12 in Food for Thought)

December ANNIVERSARIES
None

**HAPPY BIRTHDAY
&
HAPPY ANNIVERSARY!**



If we missed your birthday or anniversary, we're sorry.	
Mary	12/07
Darla	12/27

Food for thought
Liberal Vs Conservative Views on Abortion
Submitted by: Israel

(Continued from page 11).

For the 93 years of abortion prohibition it is estimated that 1.2 million illegal abortions were performed each year, most of which were not done by a doctor. The result was often serious injury and sometimes even death to many of the women. The reality is that women always have, and always will have abortions if they so choose to. By imposing anti-abortion legislation you are only creating greater problems.

The conservative believes that human life begins at conception. Abortion is the murder of a human being. An unborn baby, as a living human being, has separate rights from those of the mother. Oppose taxpayer-funded abortion. Taxpayer dollars should not be used for the government to provide abortions. It should be to support legislation to prohibit partial birth abortions, called the Partial Birth Abortion Ban.

Many social or religious conservatives use the abortion issue as a measuring stick to determine the level of "conservative-ness" of any particular candidate. For these types of conservatives, an absolute pro-life stance, an unwillingness to approve of abortion under any circumstances bolsters a candidate's conservative credentials more than a conditional pro-life stance, approving abortion only in cases of rape, incest or when the pregnancy threatens the life of the mother.

The abortion is characterized as the deliberate termination of a pregnancy, and to a conservative life allegedly begins at conception, the fetus is alive and can be considered a person. By aborting the fetus, this would take away the potential future of that fetus, which would eventually turn into a person and if given the chance would have, by taking its life or in other words, murdering or killing it. The potential person would not be able to enjoy activities, projects, experiences, and enjoyments that a human would one day undergo. To choose the action of not having an abortion, the consequence of that action would be supporting and maintaining life, which is considered a good consequence. It would be allowing the fetus a future, permitting it to grow and indulge in human experiences.

Doesn't this make us stop and pause? If it doesn't it should and make us sick at what our world has become, a murdering field and the worse thing is, that some people think it is ok to do it.

"VERSE OF THE MONTH"
Job 24:19

*[19] Drought and heat consume the snow waters: so doth
the grave those which have sinned*

Job 24: 14-19

[14] The murderer rising with the light killeth the poor and needy, and in the night is as a thief.

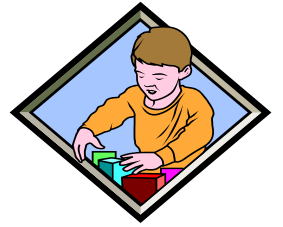
[15] The eye also of the adulterer waiteth for the twilight, saying, No eye shall see me: and disguiseth his face. **[16]** In the dark they dig through houses, which they had marked for themselves in the daytime: they know not the light.

[17] For the morning is to them even as the shadow of death: if one know them, they are in the terrors of the shadow of death.

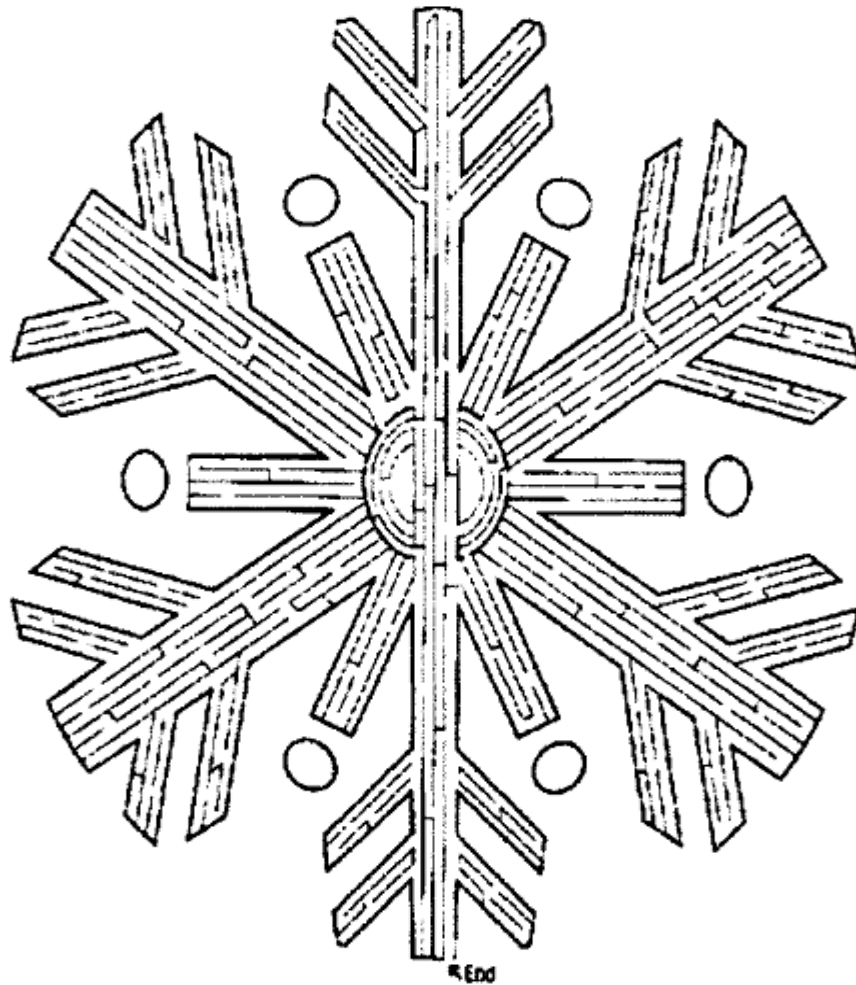
[18] He is swift as the waters; their portion is cursed in the earth: he beholdeth not the way of the vineyards.

[19] Drought and heat consume the snow waters: so doth the grave those which have sinned.

Memory Verse:
Matthew 28:3
His countenance was like
lightning, and his raiment
white as **snow**:



As white As snow



518ft +

Have fun with this snowflake maze

CONTENT OF OUR NEWSLETTER

All writings are published to glorify our Lord and Savior, Christ Jesus. Inside, you will find writings of encouragement, church history, current world events which affect the church, hodge-podge page, calendar of events, recipes, garden / household tips, spiritually inspired short stories (funny or serious), personal Christian-based articles, writings from other authors, personal testimonies, job requests or offers for our work-related ads, items for sale or trade, praises of thanksgiving and prayer requests, health info, birthday wishes, and monthly scripture readings.

If you would like something published, please submit your ideas to Nadia by the third Sabbath of each month. Thank you for your contributions. May God bless you!

Exodus 20:1-17

- 1 And God spake all these words, saying,
- 2 I am the LORD thy God, which have brought thee out of the land of Egypt, out of the house of bondage.
- 3 Thou shalt have no other gods before me.
- 4 Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth:
- 5 Thou shalt not bow down thyself to them, nor serve them: for I the LORD thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me;
- 6 And showing mercy unto thousands of them that love me, and keep my commandments.
- 7 Thou shalt not take the name of the LORD thy God in vain; for the LORD will not hold him guiltless that taketh his name in vain.
- 8 Remember the sabbath day, to keep it holy.
- 9 Six days shalt thou labour, and do all thy work:
- 10 But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:
- 11 For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.
- 12 Honour thy father and thy mother: that thy days may be long upon the land which the LORD thy God giveth thee.
- 13 Thou shalt not kill.
- 14 Thou shalt not commit adultery.
- 15 Thou shalt not steal.
- 16 Thou shalt not bear false witness against thy neighbour.
- 17 Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour's.

Please remember to pray for our brothers and sisters in Christ and all other requests submitted on our weekly ***“Praise & Prayer Requests”*** sheet. As we lift others up in prayer, be assured that God hears each and every prayer that we hold up to Him. When you have prayer requests that need to be addressed immediately, call 541-479-2440 to receive prayer on the ***“Prayer Chain”***. You may also ask our **elders to pray with you.**

When you need private counseling, you may contact Pastor Ralph Orton at 541-479-2440. His desire is to shepherd this flock. During our ***“Prayer & Praise”*** portion of the weekly Worship Service, we encourage you to speak your prayer requests, and they will be honored at that time.

The information and/or views as are expressed in this newsletter by individuals, are not necessarily the views of the Church of God 7th Day; and, therefore, the church is not to be held responsible or liable for their content.